

31st Fighter Wing: The U.S. Air Force's fighter wing south of the Alps

THE VIGILEER

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Aviano Air Base, Italy

Fly Bys

Road closure

The road between the base exchange and Hangar Four (Viale Gori) will be partially closed from April 10-14. All facilities along this road will be accessible from both ends of the road. Closure dates are subject to change due to weather. For more information, call Sandra Redolfi-Fagara at Ext. 5758.

Travel advisory

Aviano members should be aware of demonstrations planned in various parts of the country for the upcoming Italian Parliamentary elections April 9 and 10 and the municipal elections in May. The Department of State advises U.S. citizens traveling or residing in Italy to avoid areas where crowds are expected to gather, take common-sense precautions and closely follow media reports. For up-to-date information, visit www.travel.state.gov.

Education center

The education center hosts weekly information sessions for the Community College of the Air Force degree program. Sessions are at 9 a.m. Mondays at the education center, Bldg. 186, Area One.



Photo by Airman Nathan Doza

Getting connected

Senior Airman Martin May, 31st Communications Squadron, listens for feedback as he tones out a telephone line. Toning, the process of sending a signal through a telephone jack and listening for a response, allows telephone technicians to find which ports can be used when connecting lines.

Area Two gym renovated, improved

By Senior Airman Sarah Gregory
31st Fighter Wing Public Affairs

For Aviano members living and working in Areas One and Two, exercising is now easier than ever. The 31st Services Squadron has renovated the Area Two fitness center and added part of the former

child development center to create more space and upgrade the workout rooms.

"We know the importance of having a gym here and the need for having a space for people to work out," said 1st Lt. Michael McGrath, 31st SVS Combat Support Flight commander.

See Fitness, Page 7

Volunteers: The Airman's Attic needs volunteers to sort and stock donations. Call Senior Master Sgt. Michael Land at Ext. 8295 for info.

31st FW Sortie Board

sortie: n, a flight of a combat aircraft on a mission

	Hours	Sorties
31st FW goal	1109.5	857
	+209.3	+109

Information current as of Thursday.



Aviano month

Opening night jitters, Spouse It Up events and tips for healthy cooking - it's just another jam-packed month at Aviano.

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Drive-thru zoo

The Parco Natural Viva zoo offers visitors a glimpse into the world of an African safari from the safety of their car.

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From the top: A Word From Those Who Lead

U.S. Air Forces in Europe

USAFE Cross-Check

Combat Special Interest Programs: Declare Victory

Since I took command a few months ago, Chief Coleman and I have visited many of you and have been highly impressed with your commitment and performance.

One of the recurring questions we have been asked is, "What is next for CSIP?" The answer is simple; we are declaring victory on our programs! Some programs will be discontinued; others will be re-titled with the term "Project" vs. "Combat." The command has achieved great results with CSIP. Just look at some of the highlights:

- Project SMART has delivered! In one year, we went from 215 DUIs (CY04) to 144 (CY05). While even one DUI is too many, our team's effort saved 71 lives, careers, and families.

- Our fitness program is an Air Force benchmark! The percentage of Airmen testing in the "At-Risk" category has decreased by 74 percent and our "Fitness Delinquency" rate dropped 84 percent.

- Quality of life is soaring. Our Proud programs have been a success – base appearance scores are up 74 percent. Chaplains quadrupled the number of unit visits since CY04. Project CHEER has hosted more than 3,700 events for our single and unaccompanied Airmen!

- Customer College has trained more than 80,000 customer service personnel. Combat Education has nearly eliminated class shortages and increased class times and locations.

In declaring victory, we are discontinuing Hidden Heroes and Project Connect while turning 10 other programs over to the wings and directorates. Wing Commanders will assume full ownership of Project CHEER, Project Wingman, Facilities Excellence (formerly Proud), and Project Nighthawk (one sortie per tour during in-processing).

HQ Directorates will assume responsibility for Health of the Fleet (formerly Flightline), Library Services (formerly Wizard), Project Touch, Project Care, Customer College, and Smooth Move (formerly Intro/Exit). The intent here is to not lose ground, so the Directorates will report periodically, and produce an end-of-year closeout report for us. Finally, USAFE wings will continue to report to us on USAFE Fitness, Project SMART, and Project Education.

Everyone should take pride in what we have accomplished as a team. Together, we will capitalize on our programs' successes and re-focus our efforts on emerging challenges and goals.



Gen. William T. Hobbins, is the U.S. Air Forces in Europe commander.



Command Chief Master Sgt. Gary Coleman, is the USAFE command chief master sergeant.


General Tom Hobbins


CMSgt Gary Coleman

"Everyone should take pride in what we have accomplished as a team. Together, we will capitalize on our programs' successes and re-focus our efforts on emerging challenges and goals."

Airman Battle Uniform finalized

By Master Sgt. Mitch Gettle
Air Force Print News

WASHINGTON (AFPN) – The new Airman Battle Uniform is ready for production and will be available in fiscal 2007, said the Air Force deputy chief of staff of personnel.

“We were looking for a uniform that would be easier to maintain,” said Brig. Gen Robert R. Allardice. “We wanted to provide a uniform that the Airman wouldn’t need to spend a lot of out-of-pocket expenses to maintain.”

Also, Airmen’s feedback throughout the process was beneficial in adding new pockets on the uniform.

“We listened to the Airmen’s request where they wanted pockets to hold small tools and when they wear body armor the existing shirt pockets are not accessible or usable,” General Allardice said. “It will have the four pockets on the front of the shirt, and also a small pencil pocket on the left forearm and two pockets on the lower legs. In addition, inside the side pockets and inside of the breast pockets there will be smaller sewn-in pockets to hold small tools, flashlights or cell phones.”

The new uniform design is a pixilated tiger stripe with four soft earth tones consisting of tan, grey, green and blue. The ABU will have a permanent crease and will be offered in 50-50 nylon-cotton blend permanent press fabric eliminating the need for



winter and summer weight uniforms.

The fit of the uniform was a concern for Airmen.

“We’re making them available in more sizes to fit the body better,” he said. “We’ve taken the time to produce more sizes and tailored them for men and women.”

Some other ABU accessory items:

- A tan T-shirt will be worn; Airmen will be required to maintain one tan T-shirt with an Air Force logo on the front and Air Force written on the back.

- Suede cowhide boots in matching green-gray color; like the desert boot these will be polish-free and available in men’s and women’s sizes.

- The word color for the name, U.S. Air Force, and rank is midnight blue; nametapes and rank insignia background will be tan and will be sewn on using a matching tan color thread.

- The ABU adopts the battle dress uniform hat style for primary use and the floppy hat design will be used in some deployed areas.

“This is the uniform of the future,” General Allardice said. “Eventually when enough of these uniforms are manufactured, we will phase out the BDU and desert combat uniforms.”

The current projected mandatory wear date for the new ABU is fiscal 2011.

The only thing that needs to be determined is if patches will be worn and the Air Force chief of staff will make that determination soon, General Allardice said.

Thrift shop: The Aviano Thrift Shop is open from 10 a.m. to 4 p.m. Tuesdays and Wednesdays. For more information, call Ext. 5428.

Legal office hands out non-judicial punishments

Courtesy of 31st Fighter Wing
legal office

31st Aircraft Maintenance Squadron

- A staff sergeant was charged under Article 92 for dereliction of duty. For this misconduct, the sergeant received a suspended reduction to E-4 and forfeiture of \$200 pay.

- A senior airman was charged under Article 92 for violation of a lawful order. For this misconduct, the Airman received 20 days extra duty, reduction to E-3 and a reprimand.

- A senior airman was charged under Article 111 for drunk driving. For this misconduct, the Airman received 30 days extra duty, 30 days restriction to base, reduction to E-3, a reprimand and forfeiture of \$773 pay for two months.

- An airman was charged under Article 92 for dereliction of duty. For this misconduct, the airman received 14 days extra duty, suspended reduction to E-1 and forfeiture of \$200 pay.

31st Communications Squadron

- A senior airman was charged under Article 111 for drunk driving. For this misconduct, the Airman received

Article 15 of the Uniform Code of Military Justice authorizes commanders to address alleged minor offenses by administering non-judicial punishment. If a commander concludes the member committed the offense or offenses, the commander determines an appropriate punishment.

30 days correctional custody, reduction to E-2 and a reprimand.

31st Logistics Readiness Squadron

- A senior airman was charged under Article 134 for indecent assault. For this misconduct, the Airman received 30 days correctional custody, suspended reduction to E-3 and a reprimand.

31st Maintenance Squadron

- A senior airman was charged under Article 128 for assault and battery and Article 134 for communicating a threat. For this misconduct, the Airman received 45 days extra duty, suspended reduction to E-3, a reprimand and forfeiture of \$820 pay for two months.

31st Medical Support Squadron

- A senior airman was charged under Article 86 for failure to go and Article 134 for communicating a threat. For

these misconduct, the Airman received 45 days extra duty, suspended reduction to E-3, a reprimand and forfeiture of \$967.95 pay.

31st Security Forces Squadron

- An airman 1st class was charged under Article 134 for misbehavior of a sentinel. For this misconduct, the Airman received a suspended reduction to E-2, a reprimand and forfeiture of \$323 pay.

724th Air Mobility Squadron

- A senior airman was charged under Article 128 for simple assault. For this misconduct, the Airman received 45 days extra duty, suspended reduction to E-3, a reprimand and forfeiture of \$150 pay for two months.

31st Aerospace Medicine Squadron

- An airman 1st class was charged under Article 92 for dereliction of duty and Article 107 for a false official statement. For this misconduct, the Airman received 15 days extra duty, suspended reduction to E-2 and a reprimand.

603rd Air Control Squadron

- A senior airman was charged under Article 86 for failure to go. For this misconduct, the Airman received a reduction to E-3 and a reprimand.

Aviano updates official travel system

By Master Sgt. Carole Steele
31st Fighter Wing Public Affairs

The Federal Automated System for Travel is fast, but the upcoming Defense Travel System will be even faster and more efficient.

DTS will replace FAST as Aviano's official travel computer system in July. DTS will allow users to not only create travel orders and file vouchers like the FAST system, but will also allow travelers to book airline tickets, car rentals and hotels online, store scanned receipts, and provide timeless archiving of orders and vouchers.

"I don't think there's any other system that goes from beginning to end like DTS," said Elmo Gladden, deputy for Air Force Travel Reengineering at the Pentagon and project manager for fielding the DTS at Aviano.

Mr. Gladden and his team visited Aviano this week as the first step in preparing the base for DTS. They briefed base leadership on the new system, answered questions, and conveyed needed requirements and support.

The Department of Defense-wide change moves the travel system to a Web-based application. "That means that from anywhere in the world in which you have the connectivity, the DTS software, and the Common Access Card, you can access DTS," said Mr. Gladden.

As a client server-based system, FAST could only be accessed at the base, but DTS takes the travel system into the wide world of the Web.

"You as the traveler, or someone acting on your behalf, can go out and book reservations for airlines, hotels and rental cars, and send that transaction over to the commercial travel office for booking," said Mr. Gladden.

The DTS system has the ability to create large group orders while still providing the option of making changes for individual travelers. It also eliminates the need for amendments

because it allows the approver to make changes directly to the orders in the system at any time.

When the member completes their official travel, the voucher process remains the same with DTS. The individual creates a voucher, routing it through their approval structure, and payment will be made through direct deposit to the traveler's bank account, with the option for split-disbursement.

"One of the good-news stories is that the system allows you to store all your receipts and documentation to one specific order and voucher through scanning or faxing. The approving official can then verify the voucher online," said Mr. Gladden. "That documentation stays online for 15 months. After that time, every transaction is archived at the Data Manpower D Center in Monterey [Calif.]"

The historical data that will be built through DTS gives the DoD statistical records that can be used to request discount rates for the most-used hotels, airlines, etc.

The DTS system will follow individuals when they PCS, eliminating the need to be taken out of one system and loaded again at the new base. All the member's information and historical data is retained in DTS and they merely update certain details when arriving at a new base such as e-mail address and phone numbers.

For the base, the DTS system requires less manpower – two to three dedicated finance experts versus four to five for the FAST system. Aviano's lead DTS administrator, Tech. Sgt. Dennis O'Connell, also pointed out that the DTS is only for temporary duty and deployment travel; the 31st CPTS will still be responsible for permanent change of station moves.

There will also be one dedicated person at the USAFE level. "Our main purpose is to develop USAFE policy," said David Miod, USAFE DTS teammember. "We'll also be an intermediary help desk and possibly provide future training."

Training for Aviano members will begin soon as the July implementation nears. By Sept. 30, all DoD military and GS civilians should be using the system.

MGIB: Active duty Airmen may now contribute an additional \$600 toward their MGIB benefits. For more information, call Ext. 5330.

Fitness, from page 1

Renovations to the fitness center included knocking down walls and connecting the old CDC to the gym.

"This was done to consolidate the two facilities into one large, customer-friendly fitness center," said Lieutenant McGrath. "The old gym was really small to begin with and had a lot of small, individual separated rooms for each activity. This made the gym difficult and awkward to use."

After the two buildings were connected, a team came through to paint and spruce it up. The equipment, which had previously been crammed into several little rooms, was dispersed throughout the building.

"We had 27 volunteers from all different organizations come in and move all the equipment, in two days, into the newly-renovated areas," Lieutenant McGrath said. "Now we have a hugely expanded cardio room and a separate free weight room all

conveniently located."

Other changes to the fitness center include moving the massage therapist into a larger, redecorated room, which Lieutenant McGrath said helps create the ambiance and atmosphere a massage room should have.

Future gym upgrades include two enclosed child playrooms - one in the cardio room and one in the big free weight and resistance machine room, a boxing or martial arts style studio and a cycling studio.

"Both play areas will be made with Plexiglas and in the line of sight of equipment users, so parents can see what the children are doing at all times," said Tech. Sgt. Alec Maund, 31st SVS Area Two fitness director. "We are also planning to install shock-absorbing flooring in the weight room."

All the changes the fitness center is undergoing were done for one reason only – the facility users.

"The improvements were made for

the customers," said Sergeant Maund. "We have dorm residents, workers in Area One and Two, and the hospital will be completed soon, bringing in more people."

"The renovations give them some services and availability so people don't have to travel to the flightline area to workout," he said.

The efforts to fix up the gym have not gone unnoticed by Aviano members. Sergeant Maund said since the gym is more user-friendly, they have seen a 200 percent increase in its usage.

"We're excited about the facility and the classes we hope to offer soon," he said. "We're trying to mirror services the Dragon Fitness Center offers so everyone has a chance to participate in the fitness classes."

The Area Two fitness center is open from 5:30 to 8:30 a.m. and 3:30 to 9:30 p.m. Monday through Friday and plans are underway to have it open during weekends.

USAFE honors command Airmen of the year

By 1st Lt.
Elizabeth Culbertson
USAFE News Service

RAMSTEIN AIR BASE, Germany (USAFENS) – U.S. Air Forces in Europe's top Outstanding Airmen of the Year were named March 24 during an awards banquet here.

Winners were chosen from 83 Airmen and civilians nominated from around the command for their exceptional duty performance, community involvement, leadership and personal achievements.

The winners are:

- Airman of the Year: **Senior Airman Christopher Gerdes**, 435th Civil Engineer Group, Ramstein Air Base, Germany

- Noncommissioned Officer of the Year: **Staff Sgt. Joseph Berberich**, 48th Medical Support Squadron, Royal Air Force Lakenheath, England

- Senior Noncommissioned Officer of the Year: **Senior Master Sgt. Henry Parker III**, 65th Services Squadron, Lajes Field, Azores

- First Sergeant of the Year: **Master Sgt. Jeffrey Jacobson**, 31st Aircraft Maintenance Squadron, Aviano AB, Italy

- Civilian Category I: **Heather Hughes**, 52nd Medical Operations Squadron, Spangdahlem AB, Germany

- Civilian Category II: **Randall Cummins**, 39th Contracting Squadron, Incirlik AB, Turkey

- Company Grade Officer of the Year: **Maj. Bryan Tash**, 16 AF 2nd Air Support Operations Squadron, Ramstein AB, Germany

The winners of the Airmen, NCO, Senior NCO and First Sergeant of the Year categories will now meet a HQ Air Force Personnel Center board to determine who competes for the 12 Outstanding Airmen of the Year.



Photo by 1st Lt. Elizabeth Culbertson

Gen. Tom Hobbins, U.S. Air Forces in Europe commander (left), and Command Chief Master Sgt. Gary Coleman, USAFE command chief (right), presented awards to Maj. Bryan Tash, 16 AF 2nd Air Support Operations Squadron, Senior Master Sgt. Henry Parker III, 65th Services Squadron, Heather Hughes, 52nd Medical Operations Squadron, Randall Cummins, 39th Contracting Squadron, Staff Sgt. Joseph Berberich, 48th Medical Support Squadron, Senior Airman Christopher Gerdes, 435th Civil Engineer Group and Master Sgt. Jeffrey Jacobson, 31st Aircraft Maintenance Squadron, at the USAFE 2005 Outstanding Airmen of the Year banquet March 24.

Airman Gerdes credited his co-workers for the win.

"I would never have won without the great support of my supervisors and peers," said Airman Gerdes.

Gen. Tom Hobbins, USAFE commander, and Chief Master Sgt. Gary Coleman, USAFE command chief master sergeant, presented the awards.

"Place [your trophies] on your desks and share them with all of those people that are part of this great team we belong to because ... it's your supervisors and your co-workers and I who are all

so very, very proud of your accomplishments. We stand with you tonight ... and justifiably say that we are proud to serve with you," said the general.

The general also acknowledged the part families play in Airmen success.

"The spotlight tonight also shines on our families and spouses. Share this recognition with them for all that they have given in making it happen for each and every one of you here that walked down that carpet and got this recognition," he said. "Tonight, it is all about the team."

Dinner theater: Mystery dinner theater tryouts are 6 p.m. April 11-12 in the high school library. Call Ext. 5076 for more information.

National Library Week kicks off with contest

By Senior Airman Colleen Wronek
31st Fighter Wing Public Affairs

Sunday begins National Library Week, a time to celebrate and explore military libraries in Europe and participate in fun events like the second annual Bookmark Design Contest.

"When National Library Week was created, it was to promote the great things the library offers," said Amber Collins, Aviano Base Library librarian. "The Aviano library not only offers books, but it has free internet and wireless access and CD's and DVD's for checkout."

During April, as part of the National Library Week celebration, Aviano will host the Bookmark Design Contest for chil-

dren in kindergarten through grade 12.

To enter, kids can pick up a form at the library, or print it from the <http://www.usafelibraries.org> website. Children are invited to draw their idea of the theme of National Library Week "Change Your World @ Your Library" and submit the entry by April 30. Winners in each of four categories will have their artwork featured on thousands of bookmarks to be distributed in USAFE libraries and posted for all to see on the library website, and one grand prize winner will receive an iPod Shuffle.

For more information about National Library Week and about USAFE libraries, visit your local library in person, or visit online at <http://www.usafelibraries.org>.

(Courtesy of U.S. Air Forces in Europe news service)

A branch of support

Family advocacy nurtures, strengthens relationships

By Senior Airman Sarah Gregory
31st Fighter Wing Public Affairs

According to the National Domestic Violence Hotline, one out of three women around the world has been beaten, coerced into sex or otherwise abused during her lifetime.

Domestic abuse occurs worldwide and despite the professional and upstanding reputation associated with today's military, it is not uncommon in military families. Reports have actually found there is a higher incidence of domestic violence within military families.

Although organizations such as the 31st Medical Group's Family Advocacy Program are available to help families experiencing abuse or potentially violent situations, Lynn Yates, family advocacy outreach manager, said that often people don't ask for help because they fear career repercussions.

"The big misconception about family advocacy is, 'I can't go for counseling or it'll get reported to my chain of command,'" she said. "The myth is that asking for help will ruin careers, but it doesn't."

After struggling with anger issues, one Aviano member sought help with family advocacy because she feared she might hurt her family.

"I knew I had a bad temper and didn't like the way I was treating my husband and child. I was worried I would end up hitting my child," she said. "I had a friend who had been to family advocacy for counseling, so I decided to check it out."

Taking part in individual and marital counseling and the women's group helped the woman change her life.

"I am a different person now. I understand myself and my family so much better," she said. "I have learned new ways to handle my frustrations before they turn into intense anger. My husband and child have told me they see the changes I've made."

The belief that going to family advocacy can affect careers often stems from the fact that most military members have been required to attend counseling.

"About 85 percent of our maltreatment clients are referred to us by security forces or the servicemember's first sergeant," said Ms. Yates. "Once security forces respond to a domestic violence incident and a report is made, that servicemember's first sergeant is notified and the member is mandated to come to us for an assessment."

The only time the family advocacy counselors are required to report something is when the person actually tells them about an instance of abuse, or if they are a danger to themselves or others. Family advocacy counselors also don't dictate what consequences a member receives if they are involved in an abuse incident.

"We only have to notify the chain of command if abuse, suicidal or homicidal thoughts are mentioned," said Ms. Yates. "The majority of the time, command-directed consequences are the result of security forces involvement. The member's commander works with the legal office to determine any UCMJ action."

To avoid UCMJ consequences associated with domestic violence, Ms. Yates recommends people seek help before an abuse or neglect incident actually occurs.

"A lot of people perceive us as a maltreatment facility, but we have many voluntary services and prevention programs," she said.

"The important thing for people to remember is abuse tends to be progressive. It can begin with a shove and get steadily worse over time if intervention isn't made. Just by walking through our door, a person has made a step in the right direction."

As the woman who chose to ask for help in dealing with her anger issues can attest, people who seek a counselor for problems aren't perceived as a weak or terrible person.

"I would absolutely recommend seeking help. I was nervous at first, and didn't want anyone to think I was a bad mom or bad person, but no one did," she said. "They said I was strong for seeking help and I'm so glad that I took that step."

Counselors ensure clients' privacy is protected through the appointment-making process.

"Because we fall under the 31st Medical Group, a person can tell their supervisor they have a medical appointment without revealing it's with family advocacy," said Ms. Yates. "If we have to call someone, we don't identify ourselves, we just say it's the clinic calling. People are a lot more likely to come for help if there's privacy."

Military members working with family advocacy get the benefit of the counselors' expertise with troubled families. All counselors are required to have at least three years experience dealing with domestic violence and child abuse situations. Ms. Yates, a counselor for more than 14 years, has seen all types of people come in for help.

"We have all ranks, officers and enlisted, active duty and spouses come here," she said. "A large percentage are not anyone you would pick out and say 'That's an abusive person.'"

Another misconception frequently encountered is that some women enjoy emotionally abusive, controlling relationships and that's why they stay in them.

"There is no certain type of women that gets abused," said Ms. Yates. "They may be any race, age, or financial status. Often abused women have gotten used to the abusive, controlling behaviors and may perceive them as normal."

While a majority of the abuse cases are against women, Ms. Yates said abuse cases are not unheard of against men.

"We see strong, mature, independent women who are drawn to controlling men and we also see strong, independent men who are drawn to controlling women," she said. "While these women may not be physically abusive, we have seen cases of emotional abuse against male spouses. Many men are embarrassed to admit this."

For a variety of reasons, sometimes people don't recognize that what they are experiencing is classified as abuse.

"A lot of people have love mixed up with jealousy and the need to control, so they might not see those early warning signs as abuse," said Ms. Yates. "They see a partner's jealousy and possessiveness as flattering initially."

Through family advocacy's wide range of specialized classes, Aviano members can learn how to strengthen their marriages, manage anger or get support from a home nurse or social worker. All it takes is a phone call to the family advocacy clinic at Ext. 5667.

"Counseling is the most unique of fields because the tool we use for change is ourselves," said Ms. Yates. "We want our clients to know that for whatever moment we're with them, we genuinely care about them and, hopefully, we plant the seeds of change within them."

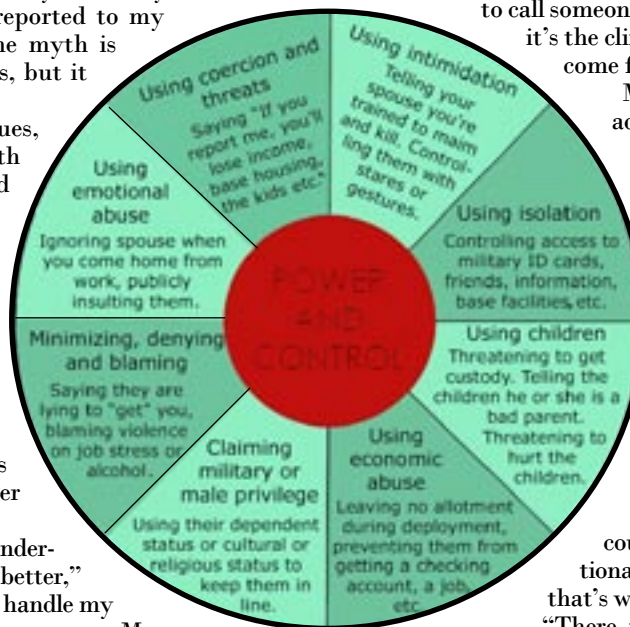




Photo by Airman Liliana Moreno

Acting up

Heather Jakeman portrays the witch in the play "Into the Woods" March 24. The Aviano Community Theater is scheduled to perform at 7 p.m. today and Saturday and 2 and 7 p.m. Sunday in the Aviano High School multipurpose room. Tickets are \$8 for adults and \$5 for students. All proceeds go to future show productions.



Photo by Airman Liliana Moreno

Luck O' the Irish

Spouse it Up members draw the winner of two airline tickets to Dublin, Ireland, during the St. Patrick's Day themed Spouse it Up March 15. The next Spouse it Up is at 10:30 a.m. April 9 in Area D. For more information, call Ext. 5407.

Aviano in Pictures

March has been a busy month for Aviano members but, of course, that's business as usual. Despite hectic schedules, Aviano members still managed to squeeze in a bit of fun. From theatrical performances to learning how to cook healthy meals, there were lots of community activities. Here are just a few March highlights.



Photo by Staff Sgt. Bethann Caporaletti

Shopping fun

A customer tries on a Venetian mask at the Spring Fling Bazaar Friday at the La Bella Vista Club. The bazaar featured vendors selling wine, furniture, jewelry and other goods.



Photo by Staff Sgt. Michael Holzworth

Cut out the fat

Senior Airman Tammy Hackard, 31st Aerospace Medicine Squadron, teaches a healthy cooking class at the Health and Wellness Center Tuesday.

Aviano Clean Up Day

The Aviano community is hosting its annual Clean Up Day Sunday. Volunteers are encouraged to call Rigo Damiano at Ext. 5724 or Capt. Daniel Barosso at Ext. 5394 to sign up; however, everyone is welcome to meet at 8 a.m. in front of the main stadium in Aviano (near the Casa Bianca Restaurant). Gloves and bags will be provided. Volunteers are reminded to wear sturdy shoes and long pants. Pasta and refreshments will be served at 1 p.m. for the volunteers.

Easter pageant

An Easter pageant is at 3:30 p.m. Sunday and 6:45 p.m. Monday in the base theater. For more information, call Robin Watts at 348-520-0655 or 0434-65-2278 or Master Sgt. Carl Schlender at Ext. 8652.

Healthcare

People interested in 31st Medical Group happenings can attend a Healthcare Consumer's Advisory Council meeting is at 3 p.m. Mon-

day in the wing conference room. For more information, call Ext. 5035.

Baby care

Learn the basics of baby care from 5:30 to 7:30 p.m. Monday and Wednesday in the Life Skills Support Center conference room, Area One, Bldg. 108. For more information, call Ext. 5667.

Book Fair

The Aviano Elementary School Parent Teacher Association invites the Aviano community to a book fair from 8 a.m. to 4 p.m. Monday through April 7 in the elementary school gym. Family night is from 5 p.m. to 8 p.m. Tuesday in the school gym.

Technology expo

A technology exposition is from 10 a.m. to 2 p.m. April 7 in the La Bella Vista Club. The free expo will have 20 exhibitors demonstrating their latest technologies.

Summer school

Parents interested in enrolling their 6th to 8th grade children in a four-week half-

day summer school program must complete a registration application by April 7. For more information or to receive an electronic application, e-mail monica.leahy@eu.dodea.edu.

Egg hunt

Volunteers are needed from 8 to 11:30 a.m. April 8 for the annual Easter egg hunt in Freedom Park. Volunteer duties include set up, clean up and assistance during the egg hunt. For more information or to volunteer, call Dave Labonte at Ext. 5823 or 7575.

Easter brunch

The La Bella Vista Club is hosting an Easter brunch. Seating is between 11 a.m. and 1 p.m. April 16 and must be reserved beforehand. To make a reservation, call Ext. 4303.

Passover service

The U.S. Army Post Caserma Ederle, near Vicenza, has a Jewish community sponsoring Passover seders April 12 and 13. Accommodations are available on base or at nearby hotels. For more information, call Lt. Col. Stephen November at 335-794-0564 or the Vicenza chaplain's office at 0444-71-7519 or DSN 634-7719.

Spouse scholarships

The National Military Family Association is accepting applications for Joanne Holbrook Patton Military Spouse Scholarships. Any uniformed service spouse – active duty, retired, National Guard, Reserve, or survivor – studying toward professional certification or attending post-secondary or graduate school may apply. Applications are online at www.nmfa.org/scholarships2006 and will only be accepted online. The deadline to apply is April 15.

Heritage month

Volunteers are needed for activities and planning during May's Asian/Pacific Heritage Month. Meetings are at 3 p.m. Tuesdays in the La

Bella Vista Club. For more information, call Ext. 2342 or 7635.

Education

Central Texas College is continuing registration for criminal justice, early childhood, paralegal and automotive degrees. The college is also looking for substitute field representatives. For more information, call Ext. 5143 or e-mail aviano@europe.ctcd.edu.

Embry-Riddle Aeronautical University offers a Security and Intelligence Certificate. The school is currently accepting registration for the April 8 condensed classes. For more information, call Ext. 5140.

VFW

Veterans of Foreign Wars who would like to help organize a VFW post at Aviano can contact Fate Kirby at the retiree activity office from 7:30 to 10:30 a.m. Tuesdays and Thursdays at Ext. 5665.

The retiree activity office is also looking for retirees interested in volunteering. The office is open from 7:30 to 10:30 a.m. Tuesdays and Thursdays and is located in the family support center. For more information, call Ext. 5665.

Family fair

The annual family fair celebrating "April: The Month of the Military Child" is April 29 in Hangar One. The fair is a day of informational and activity booths, as well as stage performances and food booths. For more information, call Ext. 5225.

Parking

The 31st Security Forces Squadron is enforcing Aviano parking rules. People must ensure they are parked in designated slots. If the space has a time limit, people must use their blue time wheels or write the time they parked on a slip of paper and display it in the front window. Time wheels can be purchased at the base exchange. Violators will be ticketed.

Reel Times

Today, 7 p.m. - "Firewall" Rated PG-13 - A bank security expert who designs theft-proof financial computer systems is forced to find a flaw in his system and steal \$100 million when his wife and children are kidnapped. Starring: Harrison Ford, Paul Bettany

Saturday, 7 p.m. - "Glory Road" Rated PG - The true story of an underdog Texas Western basketball team with history's first all African-American players. The team won the 1966 NCAA tournament title. Starring: Josh Lucas, Derek Luke

Sunday, 7 p.m. - "Tristan and Isolde" Rated PG-13 - A medieval tale of two young lovers who become doomed against the forces of royal politics. English knight, Tristan, wins the love of an Irish king's daughter, but the love threatens the truce between their two countries. Starring: James Franco, Sophia Myles

Wednesday, 7 p.m. - "Firewall" Rated PG-13

Thursday, 7 p.m. - "Glory Road" Rated PG

(Titles and times are courtesy of www.aafes.com, and are subject to change.)

Fly Bys

Flower exhibits

Several local towns are hostings flower exhibits with music and entertainment Sunday. Towns include Congeliano, Aquileia and Concordia Saggittaria, which is near Portogruaro. The Aquileia exhibit will also have food tasting and free guided tours of the basilica and archaeological sites.

Castles

The upper and lower castles of Strassoldo, near Udine, will open its doors to the public from 9:30 a.m. to 7:30 p.m. April 8-9. The cost is €10. For more information, visit www.castellodis-trassoldo.it.

Antique markets

Aviano, Oderzo and Vittorio Veneto will host their antique markets Sunday.

Easter egg hunt

An Easter egg hunt is from 10 a.m. to noon April 15 at Parco Floriano, Polcenigo. To sign up or for more information, contact Sylvia Flores at Ext. 5658 or e-mail sylvia.flores@aviano.af.mil.

Springfest

The U.S. Air Forces in Europe Band brass quintet, "The Five Star Brass" will perform from 3:30 to 5 p.m. April 9 at the 19th annual Springfest in Fontanafredda. For more information, call Ext. 7555.

Local safari brings adventurers to the wild

By 1st Lt. Nicole Dubnicay
31st Fighter Wing Public Affairs

As we drove slowly down the dirt path, I silently wondered if the old Porsche would handle the terrain, but pride and excitement pushed me to take the risk. The signs were posted: No convertibles! Keep windows up!

Rounding a bend in the road, we came to a large double gate system that let vehicles in, but ensured nothing got out. The first gate opened and our car rattled past. Only after the first gate was secured behind us did the 20-foot gate separating us from the beasts slowly open.

We pulled up beside a pack of lions where one female lurked behind our car. Then it happened ... the male, mad at another one of the pack, let out an angry roar. It was the roar of the King of the Jungle!

Okay, so I laughed and snapped photos from the safety of my vehicle, but the lion was merely four feet away, open-mouthed and obviously perturbed at the female who was licking his face.

The lions and other wild beasts dwell on one of two sides of the Parco Natural Viva, a safari and a traditional zoo near Lake Garda. The safari is modeled after an African safari with giraffes, lions, tigers, rhinoceros, hippopotamus and natural bird habitats to name a few.

After completing the safari, visitors can park and stroll through the walking zoo. There are many different animal habitats, most notably a snow leopard and cougar exhibit with glass panes so the animals can come up and look you in the eye.

There's also a climate-controlled tropical aviary and greenhouse where guests immediately feel the temperature and humidity and check out various flora and fauna from the tropics. A Cayman, which is like a small crocodile, lurks at the entrance while turtles relax in many pools and iguanas roam throughout the display.

In addition to the animal exhibits, an entire section of the park is dedicated to dinosaurs. Visiting this area is like taking a stroll back in



Photo by Capt. Justin Wellen

A rhinoceros locks eyes with a passenger at the Parco Natural Viva.

time with an opportunity to see and touch models created in real dimensions of the creatures from the past.

For a hands-on experience, there's a domestic animal area with goats, pigs, cows, llamas and guinea pigs. Bring some change for the food machines and the animals will come to enjoy a treat right from your hand.

The park lies between Lake Garda and Verona. To get there, exit from Autostrada 4 and head north a short distance on Autostrada 22, then follow the signs cleverly marked with the park's logo.

The park is open daily from March through October beginning at 9 a.m. and closing at 6 p.m. The cost is €11 for adults in the safari park, €10 for the Faunistic or €15,50 for both. Children under the age of 12 get a discounted rate.

As an avid animal fan, and frequent zoo patron I'd rate this experience among the top. The park is laid out well and has seemingly happy animals in a well-kept natural habitat. Not to mention it's a modern breeding center for endangered species, so your entrance fee would be for both a good time and a good cause.

For more information, check out www.parconaturaviva.it. Unfortunately the site is only in Italian, but easy to figure out even for non-Italian speakers like me. Don't forget your pith helmet!

Cave: Trieste's Grotta Gigante, or Giant Cave, is the largest tourist cave in the world. It is open from 10 a.m. to 6 p.m. in April.



Photo by Senior Airman Colleen Wronek

Florence is home to Piazza San Lorenzo which is a famous market selling leather, jewelry and other goods.

Information, Tickets and Travel

Upcoming tours from the Information, Tickets and Travel office include:

- Saturday – Guided Lugano, Switzerland
 - Saturday and Sunday – Wine tasting in Tuscany
 - April 7-9 – French Riviera
 - April 8 – Guided Trieste and Miramare Castle
 - April 8 – Shopping in Florence
- ITT escorts ensure the group arrives

and departs from the destination as scheduled and will do everything possible to make the trip safe and comfortable. Escorts also provide general information about the area. Please note weather conditions and dress accordingly for trips. The ITT staff recommends wearing comfortable shoes because almost all tours involve walking.

Call Ext. 5072 or 5026 for more information.

Women's volleyball team serves it up

By Senior Airman Colleen Wronek
31st Fighter Wing Public Affairs

Aviano's women's varsity volleyball team is looking for experienced players.

The team practices from 5:30 to 7:30 p.m. Mondays and Wednesdays in the Area Two fitness center; they also play from 1 to 4 p.m. Sundays in the Dragon Fitness Center. Practice time changes often due to various fitness center activities.

"We are looking for women with positive attitudes and who are willing to do what it takes to be the best volleyball player they can be," said Jessica Jackson, women's varsity volleyball captain. "We are looking for players who have at least high school varsity level experience or strong intramural experience."

The women's team is also an intramural team and plays against the men's intramural teams.

"Since we're not very close to other bases, we play in a few tournaments over the season, but that's not very often. So we've put ourselves in as an intramural team," said Valerie Gilbert, who plays Libero, a defensive back position. "It's not the best practice because the net's at co-ed height and we're not playing strictly girls, but it's a much needed practice for when we compete at [U.S. Air Forces in Europe]."

The team currently plays two to three games a week in the intramural league and in November they enter the Italian league and plays one game a week.

"We're representing the base in every tournament and game we play," Gilbert said. "It's a ton of fun, but it's also a lot of time practicing and doing fundraisers for tournaments. You have to be hardcore and not afraid to dive on the ground after a ball."

The team will compete against other women's teams at the USAFE level in May at RAF Alconbury, England.

"People should join volleyball because it's a great way to meet new people, to travel and maintain a high level of physical fitness," Gilbert said. "Volleyball teaches team skills. Every player learns how to be competitive while maintaining good sportsmanship; players also learn the meaning of sacrifice and determination because all of these components outline a true volleyball player."

Women interested in joining the team should watch a practice first. "By coming to a practice you can see how we run our defensive and offensive positions instead of just getting on the court and trying to adjust," Gilbert said. "We're always looking for new talent because you never know when players won't be able to make a game."

"To qualify, members need to have experience and know the rules of the game. You don't have to be an expert, hardly anyone is, but know the general rules such as the proper way to pass the ball," Gilbert said. "You also have to be able to make it to practices."



Photo by Senior Airman Colleen Wronek

Jessica Van Oort goes for the kill as a member of the 31st Operations Support Squadron men's intramural team attempts to block. The women's volleyball team plays against the men's intramural teams to prepare for the U.S. Air Forces in Europe tournament in May.

To join the team, call Jessica Jackson at Ext. 7099 or Jonathan McKeon at Ext. 7606.

Volleyball standings

Team	Win	Lost
603rd	6	1
31 LRS	5	1
31 CES	4	1
31 OSS	5	2
724 AMS	4	2
31 CS	2	2
31 MDG	2	3
31 CPTS	2	4
Varsity Female	2	4
Bravo Co.	1	3
31 AMXS	0	10

(Current as of Tuesday)

Fly Bys

Bike inspection

A free bicycle safety inspection and minor repair clinic is from 9 a.m. to 4 p.m. April 15 at the base exchange.

Golf tournament

A golf tournament begins at 8:30 a.m. April 7 at the Alpine Golf Course. The cost is \$22 per person and prizes are awarded for first through third place. For more information or to sign up, call Ext. 7696 or Ext. 7386.

Bike races

A mountain bike race is at 11 a.m. April 8 at Campo Delta, which is near Area Two and off of mountain highway. Check-in time is at 10 a.m.

A road race is at 9 a.m. April 9 and starts at the 603rd parking lot. Check-in time is at 8 a.m.

For more information, visit <http://www.armedforcescycling.org/Regional/USFECYCAviano.htm>.

Volksmarch

The Aviano Road Runners are participating in a Volksmarch at 8 a.m. Sunday. The group leaves the Bar Municipio in Roveredo and heads to Marino di Brugnera. For more information, call Ext. 7692 or 7404.

Dodgeball

The 31st Security Forces Squadron Spouses' Group is hosting a dodgeball tournament from 8 a.m. to noon April 15 in the Dragon Fitness Center. Teams consist of at least six members and the cost per team is \$25. Volunteer referees are also needed. For more information or to sign up, call Jackie Jalomo at 347-041-5519 or Christine Hall at 392-142-8068.

Spin class

Spin class is from 5 to 6 p.m. Mondays, Wednesdays and Thursdays at the Dragon Fitness Center. For more information, call Ext. 7459.

Big rocks represent the important things

By Lt. Col. Jennifer Spears
603rd Air Control Squadron

Someone once told a story about a seminar speaker who pulled out a wide-mouth gallon jar and placed it next to a pile of fist-sized rocks. After filling the jar to the top with rocks, he asked, "Is the jar full?" The group replied, "Yes." He then got some gravel from under the table and added it to the jar. The speaker jiggled the jar until the gravel filled the spaces between the rocks. Again, he asked, "Is the jar full?" This time, the group replied, "Probably not." The speaker then added some sand and asked, "Is the jar full?" "No!" shouted the group. Finally, the speaker filled the jar to the brim with water and asked the group if they understood the point of this illustration.

One eager beaver raised his hand and said, "The point is, no matter how full your schedule is, if you try really hard, you can always fit some more things into it." "No," the speaker replied, "that's not the point. The truth that the illustration teaches us is: If you don't put the big rocks in first, you'll never get them in at all."

No matter how old we are, we need to reflect on what our "big rocks" are. Is alcohol a "big rock" in your life?

With the wing's recent rash of DUIs and alcohol-related problems, I find it is appropriate that we take advantage of the fact that April is Alcohol Awareness Month. As a community, this is our opportunity to pull together to further increase awareness and get involved to combat the high occurrence rate of alcohol-related problems. The first step toward awareness is determining how our decisions are impacting those people or things that are important to us. Hopefully, it may adjust our focus away from alcohol and onto what is important. When is the last time you asked yourself "What is important

in my life"? And is alcohol worth jeopardizing those people or things?

Brig. Gen. Robert Yates asked us to form a pact to take care of each other and stop the alcohol-related incidents and problems facing the base. We are failing to meet this challenge and, more importantly, we are failing ourselves. We have to ask ourselves why. This is a very real problem here and it's time we pull together to put a stop to the behavior before we lose a member of our Aviano family.

I ask that you wake up tomorrow morning and ask yourself, "What are the 'big rocks' in my life?"

Is it time with your loved ones? Is it your faith, education, finances or a cause? Could it be teaching or mentoring others? Put those "big rocks" in your jar first and make decisions based on the most important ones.

I would venture to say that binge drinking or drinking and driving are not your "big rocks." However, if you do struggle with alcohol or if you want to find out if someone you know has a problem with alcohol, there are several resources available 24/7. They include your commander, supervisor, first sergeant, life skills, family advocacy, the chaplain, a physician or Alcoholics Anonymous.

As tomorrow kicks off April's Alcohol Awareness Month, let's take this opportunity to evaluate what's important in our lives and how alcohol can be detrimental to our "big rocks." It's our responsibility to be aware of the alcohol-related problems facing our community so we can make a positive effort toward changing the behavior.

For additional information on how you can help, you can always call ADAPT at Ext. 5321. As a community, let's reaffirm the wing commander's pact and put our "big rocks" first, not alcohol.

Recognizing The World's Finest

Congratulations to the following Aviano Maintenance Professionals of the Year: **1st Lt. David Thompson**, 31st Aircraft Maintenance Squadron – Lance P. Sijan junior officer; **Master Sgt. Steven Laser**, 31st AMXS – Lance P. Sijan Senior NCO; **Tech. Sgt. David Gilbert**, 31st Maintenance Squadron – Lance P. Sijan NCO; **Master Sgt. Jeffrey Hamilton**, 31st AMXS – General Lew Allen Jr. Trophy for Senior NCO category; and **Staff Sgt. Andrué Donaldson**, 31st AMXS – 31st Maintenance Group and U.S. Air Forces in Europe Chief Master Sgt. Barnes Dedicated Crew Chief of the Year.

Maintenance Professionals of the Year: **Master Sgt. Steven Simons**, 31st AMXS; **Staff Sgt. Joshua Edin**, 31st AMXS; **Senior Airman Sean Nessmith**, 31st MXS; **1st Lt. Tyler Leitch**, 31st AMXS; and **Attilio Pegolo**, 31st MXS. **Sergeant Simons** also won the U.S. Air Forces in Europe Maintenance Professional of the Year.

Maintenance Support Professionals of the Year: **Capt. Bethany Keller**, 31st AMXS; **Master Sgt. Richard Barber**, 31st Maintenance Operations Squadron; **Staff Sgt. Nathan Cyr**, 31st MXS; **Senior Airman Jason Snow**, 31st MXS; and **Roberto Scussat**, 31st MXS. **Airman Snow** also won the USAFE Maintenance Support Professional of the Year.

31st MOS Maintenance Management Systems Professionals of the Year: **Master Sgts. Carl Schlender**, **Angela Neal** and **Joseph Knowles**, **Staff Sgt. Amanda Johnson** and **Senior Airmen Sean Abbott** and **Brandon Peck**, who also won at USAFE level. **31st MOS Maintenance Training Professionals of the Year:** **Tech. Sgts. Jason Farmer**, training manager, **Matthew Larson**, supervisor and **Joseph Rohde**, instructor, who also won at USAFE level. **31st AMXS Load Crew of the Year:** **Staff Sgt. Lucian Williamson** and **Senior Airmen Bret Myers** and **Mitchell Baker**.



The Cornerstone

An indispensable and fundamental basis

The Cornerstone Page is devoted to those who support junior enlisted, NCOs, CGOs and spouses. It's to share advice, ideas and opinions dealing with life in the Air Force and Aviano. It's also a forum to recognize those around us. The Cornerstone Page will also offer Air Force trivia and facts.

Submission info: We want to hear from you. Flex your writing talents and share your thoughts with us and the community.

Commentaries: Writers can send commentaries to vigileer@aviano.af.mil. Commentaries must be 500 to 700 words. Topics must be applicable to the Air Force, Aviano and appeal to the general public. For questions or concerns, call the Vigileer at Ext. 7344.

Kudos: Aviano members can send congratulatory messages to Vigileer@aviano.af.mil. Messages can be submitted for appreciation, retirements, awards, good service, promotions and graduations. For questions or concerns, call the Vigileer at Ext. 7344.

Deadline: The deadline for submitting information is close of business Thursday one week prior to publication. Faxed articles will not be accepted by the staff. The public affairs office is in Bldg. 1360, Room 19.